



SUICIDE IS PREVENTABLE,
 yet more people **DIE BY SUICIDE** in
 Vermont than by vehicle accidents,
 homicides, and drowning **COMBINED.**

Umatter Suicide Prevention Trainings
 are valuable trainings for school administrators,
 counselors, nurses, educators, mental health providers,
 community members, and youth!

FOR MORE INFORMATION EMAIL:
info@healthandlearning.org

TO REGISTER GO TO:
www.healthandlearning.org/events

Umatter for Communities & Professionals

With the goal of strengthening the mental health and wellness of our communities and averting crisis, this training is designed for professionals in the areas of law enforcement, fire and rescue, emergency care, social services, mental health, faith services, health care, youth services, counseling, and funeral services.

This two day training teaches how to employ best-practice, profession-specific protocols for prevention and postvention to reduce incidence of suicide. Attendees will learn:

- How to respond to suicidality by identifying signs and symptoms of suicide, risk and protective factors, profession-specific roles, responsibilities, and protocols
- When and how to refer an individual for more help
- Profession-specific prevention and postvention protocols for local adaptation

AVAILABLE UPON REQUEST AT:
info@healthandlearning.org

**Sign up today for
 November Trainings!**



CIHL
 CENTER FOR HEALTH
 AND LEARNING
 HEALTHY LIVING MATTERS

28 Vernon Street # 319
 Brattleboro, VT 05301



Umatter **matter**

Learn to respond effectively when someone needs help!

Umatter Suicide Prevention Trainings

INSIDE:

- Umatter for Schools
- Umatter for Youth & Young Adults
- Umatter Training of Trainers
- Umatter for Communities & Professionals

2018 - 2019

Umatter for Schools

UPDATED CONTENT & NEW DESIGN!

This newly designed two part training consists of a **webinar and full day training**. *Umatter for Schools* is a national best practice program for suicide prevention developed by Center for Health & Learning. These trainings are created for Vermont middle and high schools to meet the requirements of Vermont state law.

Schools are encouraged to send teams consisting of an administrator, guidance counselor, nurse, health educator, and/or mental health provider. Schools who have sent teams in the past are encouraged to send newly hired or assigned staff to support mental health and suicide prevention strategies in the school.

At the end of this training participants will be prepared to:

- Identify and help youth who show signs of suicide
- Provide parent and staff awareness sessions
- Develop prevention/postvention policies and protocols
- Implement the **Lifelines* evidence-based curriculum for students

PART ONE

Webinar: Introduction to Gatekeeper Training with Updated Information

Covers the basics of the Gatekeeper training preparing you to participate in the full day *Umatter for Schools* training. A Gatekeeper has the knowledge and skills to help someone who is thinking of suicide.

WHEN: October 29 or 30, 2018 • 3:45 – 4:45 pm
(choose the date that works best for you, participation is mandatory)

WHERE: Comfort of your own home or office

Participation in the webinar is mandatory for attendance at the full day *Umatter for Schools* training on November 14.

PART TWO

Umatter for Schools Full Day Training

In-person training takes the introductory Gatekeeper information to the next level so you know how to identify youth in need, effectively respond, and get them help. An overview will be provided on how to:

- Conduct parent and staff awareness sessions
- Develop or update suicide prevention and postvention protocols, and
- Implement the newly updated **Lifelines* curriculum in grades 5-12

Next steps for each of these will be discussed including additional training and individualized consultation and support to meet your school's needs.

WHEN: November 14, 2018 • 8:30 am – 4:30 pm

WHERE: Capitol Plaza Hotel and Conference Center Montpelier, VT

COST: \$195/ PERSON

(10% discount for team members of 4 or more)

This fee is for the Gatekeeper Webinar and Full Day Training, including meals, training materials, and handbook, as well as Staff and Parent Awareness Training Facilitator binder, wallet cards, and posters.

***Lifelines Curriculum**, updated version, can be purchased at a **discounted price of:**

\$192/ CURRICULUM

NEW THIS YEAR

Consultation and Support

Sign up for follow-up support from trainers to help implement strategies of suicide prevention in your school. This support can be by phone, email, or in person.

COST: To be determined based on the needs of your school.

Umatter Training of Trainers

For community members, health care and school professionals* who want to raise awareness about **Suicide Prevention**. You will be prepared to implement a 1.5 hour *Umatter* Suicide Prevention Workshop, and will gain the skills, knowledge, confidence and materials to help others:

- Identify the signs and symptoms of suicide
- Understand risk and protective factors in suicide prevention
- When and how to refer people to get help
- Access important resources

WHEN: November 28, 2019 • 8:30 am – 4:00 pm

WHERE: Capitol Plaza Hotel and Conference Center Montpelier, VT

COST: \$195/ PERSON

This fee includes training day meals and materials including a trainer's manual, scripted notes, handouts, and all materials needed to facilitate a workshop on your own.

**Discount available for school personnel who complete *Umatter for Schools* training.*

Umatter for Youth and Young Adults

Redesigned based on participant feedback!

ELEVATED YOUTH VOICE AND LEADERSHIP

Umatter YYA is a youth leadership and engagement initiative that includes:

- Interactive training with peers statewide to develop knowledge and skills for promoting their own mental health and the mental health of their peers
- Design and implementation of a Mental Health Wellness Promotion Community Action Project in their school or community
- Participation in a culmination event to celebrate their efforts and plan next steps

Umatter YYA 2019 will kick off in January and culminate in May.

Contact Julia Hampton for more information or to be put on the waiting list.

EMAIL: julia@healthandlearning.org

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